

## **Sweet Potato and Apple Muffins**

1 3/4 cups all-purpose flour  
1 1/2 tsp. baking powder  
1 tsp. cinnamon  
3 tbsp. canola oil  
3/4 cup light brown sugar  
1 egg  
1 egg white  
1 (15-oz) can sweet potatoes (yams), drained and mashed or 1 cup fresh sweet potatoes, cooked and mashed  
1/2 cup skim milk  
1 3/4 cups chopped, peeled baking apples

Preheat oven to 400 degrees. In a bowl, mix together the flour, baking powder and cinnamon; set aside. In another bowl, mix together oil, brown sugar, egg, egg white, mashed yams and milk. Make a well in the center of the dry ingredients and add yam mixture, stirring until moistened. Do not over mix. Fold in the apples. Spoon batter into paper-lined or coated muffin tins, filling about three-fourths full. Bake for 20 to 25 minutes or until done. Makes approximately 1 1/2 dozen muffins.

\* Created by Louisiana Sweet Potato Commission spokesperson, Holly Clegg.

From the website [www.sweetpotato.org](http://www.sweetpotato.org)